

INDIE GROUP A HAPPY ACCIDENT JACK WHITE TALKS ON DEAD WEATHER (page 9)



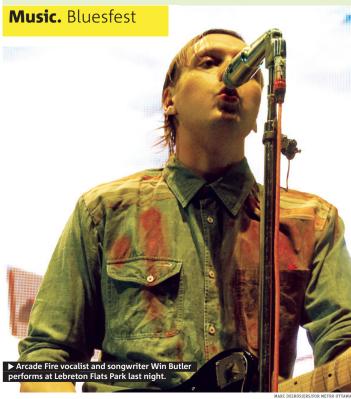
STAMOS **ACTOR DENIES UNDERAGE TRYST** COURT (page 12)

OTTAWA netra

Wednesday, July 14, 2010 www.metronews.ca



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Arcade Fire plays to thousands

Approximately 30,000 people turned out to see the Montreal-based indierock band Arcade Fire last night during the second week of Ottawa Bluesfest.

Intrigue in **Tangier**

North Africa's bohemia paradise for libertines (page 13)

End of an era for N.Y. Yankees

Iconic owner George Steinbrenner dies at 80 (page 20)

Mayoral race tight one: Pol

O'Brien's popularity has rebounded since acquittal last year • 49% of citizens believe city heading in right direction • Watson calls zero-means-zero a gimmick

The campaign for mayor of the nation's capital is a two-man race between a former mayor and provincial cabinet minister and an incumbent who spent much of his first term fighting criminal charges.

Larry O'Brien's recent decision to run for re-election has turned the Ottawa mayoralty race from a sauntering nearcertainty for Jim Watson to a slugfest between the former provincial Liberal and the conservative O'Brien.

There are at least 14 candidates running for the city's top job, but it's Watson, 48, and O'Brien, 60, who are consistently out front in public opinion polls, with Watson holding a decided lead in

The latest survey, done exclusively for The Canadian Press by Harris-Decima, indicates the race may be tightening somewhat. It found 29 per cent of respondents said they would vote for Watson in the Oct. 25 municipal election, while 22 per cent said they'd back O'Brien.

The survey of 501 Ottawa residents was conducted July 2-4, immediately after



"A zero tax increase is simply not practical without doing serious damage to the services we count on and need."

IIM WATSON, MAYORAL CANDIDATE

O'Brien announced he would run for reelection following his crowning achievement — a closely watched vote to develop Lansdowne Park.

The sample is considered accurate within 4.4 points, 19 times in 20. So the two frontrunners could conceivably be tied. THE CANADIAN PRESS

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- The codes will direct your mobile browser to relevant content at

On the web at metronews.ca

Two Canadian volunteers share their experiences working in Africa in Notes from Zambia at metronews.ca/ blogs



Protest backs assault victims

Rally held after allegations sexual assault victims at the Civic Hospital were told to wait up to 48 hours to be seen by a sexual assault nurse





Fourteen years ago, and then again eight years ago, Ottawa resident Jenn Farr was the victim of a sexual assault.

Ottawa at the Human Rights Monument yesterday.

Although she never reported the incidents, she shared her story at a rally yesterday to raise awareness of the lack of sexual assault services in the city of Ottawa and across the province.

The event, which attracted about a hundred people to the Human

Rights Monument, was "a positive experience for me," Farr said. "This is the first time I've really talked about my rapes," she said. "I want people to know it can happen to anybody."

The grassroots protest was put on by a group of individuals who are deeply concerned, said Julie Lalonde, co-ordinator of the Carleton Sexual Assault Support Line.

"This is to show people out there that this is something people care about and survivors have someone out there that cares about them."

Rally



Rally seeks support for local sex assault victims.

Protest The rally was in protest of the lack of adequate sexual assault support in Ottawa.

- Staffing Organizers at the Civic Hospital recently announced that nurses will be on staff 24 hours a day.
- Police report According to Ottawa police, eight women are sexually assaulted every day, with only one reporting the in-
- Signatures on petition Hundreds of people signed a petition to be delivered to the Ottawa Hospital Civic Campus administration, the City of Ottawa, and provincial and federation governments yesterday, organizers said.

Senators sign up blueliner, forward

The Ottawa Senators announced yesterday they have signed two additional players for the upcoming season.

The Sens re-signed defenceman Derek Smith to a one-year, two-way contract.

Smith has played three professional seasons — all with Ottawa's American Hockey League affiliate, the Binghamton Senators. The club has also signed forward Roman Wick to a one-year, two-way contract who until recently was playing for EHC Kloten Flyers in Switzerland.

• TRACEY TONG

Hogweeds seen in Ottawa

Giant hogweeds have been spotted in Ottawa, and residents are being advised to keep their distance.

Two of the huge poisonous plants have already been located and removed from properties in the city.

Sap from the plant can cause serious skin inflammation and can cause blisters, discolouration, and scars in sunlight. If the sap gets in a person's eyes it can cause blindness.

The weed can grow up to 5.5 metres tall.

TIM WIECLAWSKI



Heart of the Rideau Canal

When touring the Historic Rideau Canal stop in Sensational Smiths Falls! You will find boat docking and accommodations to suit any length of stay. Visit one of our three quality museums, take a stroll down one of our beautiful walkways and trails that lead you to our beautiful downtown core. An abundance of shopping and dining awaits for all ages to enjoy. An abundance of shopping and dining awaits for all ages to enjoy. Take advantage of our shuttle bus and information centre located at Victoria Park. For more information and savings visit our website.









Committee vote fails to quash proposed landfill

● Motion urging Ontario Ministry of the Environment to reject a landfill in Carp fails on tie vote of 2-2



Residents opposed to a proposed landfill in west Ottawa were left disappointed after a city committee chose not to condemn the project yesterday.

project yesterday.

More than a dozen people spoke to a special meeting of the planning and environment committee to discuss the terms of reference for an environmental assessment of the proposed West Carleton Environment Waste Management.

The majority were opposed to the possibility of a landfill that could accept 400,000 tons of industrial and commercial waste.

"It just does not make any sense. We said no four years ago. We meant no. We don't want Waste Management to leave the community, we just want Waste Management to use modern technology and be reasonable."

MARLENE LABELLE, STITTSVILLE RESIDENT

Waste Management is asking for 6.5 million cubic metres of air space to process waste next to its Carp Road facility, which is projected to hit maximum capacity by September 2011.

"This site is already an eyesore for the entryway to our nation's capital, and I can not imagine another mountain alongside it," said Stittsville resident Marlene Labelle.

Stittsville Coun. Shad Qadri said there was already enough capacity to process the city's waste and more landfill space would discourage diversion efforts.

Waste Management project leader Tim Murphy said present economic, regulatory and environmental conditions in Ottawa do not support alternative technologies like mass burn and gasification.



94 years of marching

The Nijmegen marches are a long-distance marching event covering 60 kilometres. Canada and the Netherlands have taken part since 1952.

Charity set to collect 'tools for schools'

Summer holidays may have just begun, but one charity is already working to ensure kids get the best possible advantages when school starts up again.

Child and Youth Friendly Ottawa launched its 11th annual Tools4Schools program yesterday.

With the onset of HST and full-day kindergarten in Ontario, more families will be strapped for cash this year, said Julianna Cronk with CAYFO.

Members of the public are encouraged to drop off new and gently used school supplies at Ottawa Public Library branches.

• TRACE TONG

16,000

Backpacks provided by CAYFO for children and youth in need since Tools4Schools began in 2000.



ANDREW RIMAS

"WHAT YOU EAT IS A POLITICAL CHOICE"

Friends Andrew Rimas and Evan Fraser met attending Lisgar Collegiate Institute. Years later, they've collaborated on their second book, Empires of Food: Feast, Famine and the Rise and Fall of Civilization.

How did this book come about?

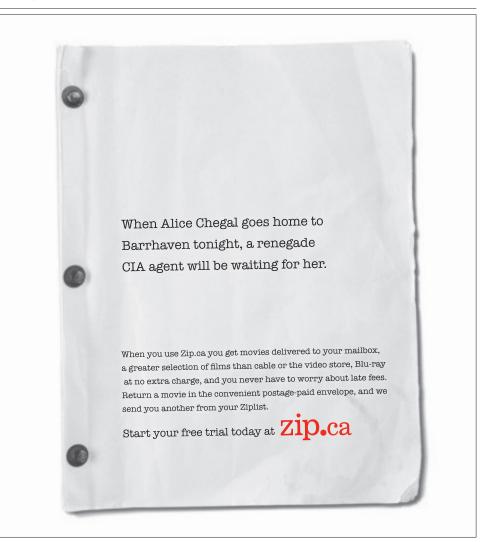
The book is a result of conversations that Evan and I had when we were working on our first book. A number of topics came up regarding the broader history of agriculture and the effects of food on civilization and on human history.

What can people learn from Empires of Food? We've seen how most of our fixes seem temporary or lead to new problems, and our conclusion is that our food empire today is in trouble. There are many reasons for this. One is because we're so reliant on fossil fuel supply.

There's a growing interest in where our food comes from, and consequently, many books about food are hitting the market. What makes yours different?

We've applied historical perspectives to ours. We're using historical events to show how our current food production and trade is part of the long line of the same behaviour.

TRACEY TONG



Iran's missing scientist free to go, says U.S.

A missing Iranian nuclear scientist, who has sought refuge at a Pakistani embassy office in Washington and who Iran claims was abducted, is free to return to his homeland, the U.S State Department said vesterday.

It was the latest development in a murky case that has been shrouded in mystery since the scientist, Shahram Amiri, disappeared while on a pilgrim-

age to Saudi Arabia in 2009. "He has been in the United States of his own free will and obviously he is free to go," department spokesman P.J. Crowley said. "In fact, he was scheduled to travel to Iran yesterday but was unable to make all of the necessary arrangements to reach Iran through transit countries.

Iran's foreign minister, Manouchehr Mottaki, said Amiri was found after having been kidnapped during



"Iran continues to hold three young Americans against their will, and we reiterate our request that they be released."

HILLARY CLINTON, **U.S. SECRETARY OF STATE**

the Hajj and taken to the U.S. against his will. He demanded that Amiri be allowed to return home without any obstacle

Secretary of State Hillary Clinton said Amiri was free to go. The associated press

unit from China's Center for Disease Control and Prevention believes it has pinpointed the cause: an innocuous-looking small mushroom known as Lit-

tle White. The search for the culprit began in 2005 and took investigators to remote villages spread over the rural highlands of Yunnan province, said Robert Fontaine, an epidemiologist with the U.S. Centers for Disease Control and Prevention.

The investigators zeroed in on mushrooms because the deaths were closely aligned with the harvesting season.

CARDIAC-ARREST MYSTERY

'Shroom blamed for deaths

Every summer during the height of the rainy season, villagers of all ages in a corner of southwestern China would suddenly die of cardiac arrest No one knew what caused Yunnan Sudden Death Syndrome, blamed for an estimated 400 deaths in the past three decades.

Now, after a five-year investigation an elite

No longer Ohio man Woerth the executed trouble for murders

The treasurer of Nicolas Sarkozy's conservative party says he will resign at the end of the month, amid pressure from the French president and a scandal involving allegations of illegal campaign financing.

Sarkozy said he wanted Eric Woerth to resign from his job as UMP treasurer. Woerth told reporters after a cabinet meeting yesterday. "Yes, I will do it." Woerth was later quoted

in the daily Le Figaro as saying he will resign July 30. THE ASSOCIATED PRESS

A man was executed vesterday for the murders of five children in a 1992 Cincinnati apartment fire he set in an attempt to destroy evidence of a burglary.

William Garner, 37, died by lethal injection at the Southern Ohio Correctional Facility.

"God bless everyone who has been robbed in this procedure," he said as he lay on the execution table. "I thought I'd never be free, but I'm free now'

He also said he was "heartily sorry." THE ASSOCIATED PRESS

who had a paving stone

dropped on her head from a shop's rooftop.

The violence in workingclass Catholic parts of Belfast and other towns came both before and after tens of thousands of Protestants of the Orange Order

"The cost of policing last night ... is the equivalent of a new ward in a hospital (or) a new primary school." CHIEF CONST. MATT BAGGOTT

brotherhood marched at 18 locations across Northern Ireland in an annual show of communal strength.

It was the worst rioting in Belfast since the same event exactly one year ago.

The Northern Ireland po-

lice commander, Chief Const. Matt Baggott, released video of Monday's rioting captured by surveillance helicopters.

The footage showed hundreds of masked teens and young men swarming and pummelling police armoured vehicles and swinging clubs at shield-wielding police while the officers stood their ground or retreated slowly.

Baggott said any attempts to arrest the rioters would have been too dangerous. THE ASSOCIATED PRESS



Riot leaves police licking wounds

Top cop says video evidence will be used to hunt down rioters who hid behind masks and scarves • Children as young as eight among rioters

ist rioters yesterday who wounded 82 police officers during two nights of street clashes sparked by the province's annual parades by the British Protestant While most of the in-

jured officers suffered only cuts and bruises, others suffered burns and broken hands. Two remained hospitalized: one wounded in the chest and arms by a shotgun blast, and another

Northern Ireland leaders

condemned Irish national-

ervice

Attack won't dent resolve: PM

An Afghan soldier attacked his coalition allies with a rocket-propelled grenade and other weapons early yesterday, killing three British troops and wounding four more before fleeing, officials said.

British Prime Minister David Cameron condemned the killings as "appalling" but insisted the incident should not change the strategy of working alongside the Afghan army. Officials said the motive

of the attack was unclear. It was the second time in eight months that an Afghan turned against British troops partnering

with local security forces. In November, an Afghan policeman killed five British soldiers at a checkpoint in the same province as yesterday's attack.

THE ASSOCIATED PRESS

Police in Italy claim victory in latest battle

• Bust strikes one of biggest blows yet to crime group considered more powerful than Sicilian Mafia, police say

Anti-mafia prosecutors in Italy claimed a major vicover the powerful and growing 'ndrangheta crime syndicate yesterday with the arrests of 305 people, including top bosses, and the seizure of more than C60 million (\$76 million) in cash and property.

The arrests came after investigators had infiltrated intimate weddings, baptisms and other events to gather information.

One of the most significant revelations to emerge from the investigation was that the Calabrian mob had a tight hierarchal structure like that of the Sicilian Mafia, and wasn't just an association of clans as previously believed.

While expanding its economic reach into the wealthy Lombard region in northern Italy, the 'ndrangheta is also concennorthern trating its power in its na-



"Police and carabinieri have been able to record, since Aug. 1, 2009, all of the major negotiations of the various families."

GIUSEPPE PIGNATONE ANTI-MAFIA PROSECUTOR

Calabria, exerting tight control over all strategic decision-making, antimafia prosecutors said.

Yesterday's operation began before dawn with the 4 a.m. arrest of Domenico Oppedisano, the crime group's top boss, in the small coastal town of Rosarno in Calabria.

But the investigation owed its success to investigators' ability to infiltrate events like the 2009 wedding of the children of two crime bosses in Calabria. attended by thousands of well-wishers, Oppedisano was named to his post, said Calabrian an-ti-mafia prosecutor Giuseppe Pignatone.

When Oppedisano was formally elevated some two weeks later, on Sept. 2. the feast of Madonna Polsi, undercover agents got video of the crime syndicate's major bosses all being confirmed in their new positions in the structure, he said.

Wiretaps indicate that many as 'ndrangheta mobsters are operating in Lombardy, where 160 were arrested. THE ASSOCIATED PRESS



Running of the Bulls turns gory

One man was gored in the arm during the seventh run of the San Fermin fiestas in Pamplona, northern Spain yesterday. Three people were hospitalized with non-life-threatening injuries.

More cash for making **babies**

Couples struggling to conceive are about to get financial help from the Quebec government, as the province becomes the first jurisdiction in North America to pay for fertility treatments.

The provincial plan will cover up to three cycles of in vitro fertilization, starting on Aug. 5.

THE CANADIAN PRESS

fertilization cycles that will be administered this year, the health minister estimates.

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Landslides slam into towns

Landslides slammed into three mountain hamlets in western China early yesterday, killing 17 people and leaving 44 missing, while crews drained a fast-rising reservoir in another part of the country following heavy rains. The landslides swept through three different

Veil ban

France

yesterday, part of a concert-

ed effort to define and pro-

tect French values. The ban

on burgas and niqabs will

go in September to the

Senate, where it also is

likely to pass.

areas before dawn, state media said. In the worsthit town of Xiaohe in Yunnan province, four died and rescuers were searching for 42 others, the official provincial newspaper Yunnan Daily reported on its website.

Sichuan province, seven died and one person was missing in Yandai village, while rescuers recovered six bodies and were searching for one person in Sima village, the Xinhua News Agency reported. THE ASSOCIATED PRESS

'Barefoot bandit' deported

The American teen who police call the "Barefoot Bandit" was deported to the United States yesterday, just hours after he pleaded the Bahamas, Officials escorted Colton Harris-Moore to Miami to face prosecution for a two-year string of thefts.

Beginning of the end for Gulf oil gusher? Another 38 were injured. In neighbouring

In a video from BP, oil emerges from the damaged

If cap attempt succeeds, BP can stop the flow of oil into the water

In a potentially pivotal moment in the Gulf crisis, BP was preparing yesterday to begin closing valves in a slow and methodical process that could finally choke off the geyser of crude at the bottom of the sea after three gloomy months and up to 681 million litres spilled.

A new, tighter-fitting cap was lowered over the blown-out well Monday night, designed to be a temporary fix until the well is plugged underground.

The next phase was to shut the openings in the 75-ton metal stack of pipes and valves gradually, one at a time, while watching pressure gauges to see if the cap would hold or any new leaks erupted.

The operation could

"They ought to be interested and concerned, but if they hold their breath, they'll run out of oxygen."

U.S. NATIONAL INCIDENT COMMANDER THAD ALLEN ON GULF RESIDENTS' EXPECTATIONS CAP ATTEMPT

last anywhere from six to 48 hours. BP first targeted a midday start yesterday but later said that was overly optimistic and pushed expectations back.

In Washington, White House spokesman Robert Gibbs said the effort to put the containment cap into operation "represents the best news that we've had in the preceding 85 days.' THE ASSOCIATED PRESS

upheld in France's lower house of parliament overwhelmingly approved a ban on wearing burqa-style Islamic veils

guilty to a minor offence in



VOLUNTEERS NEEDED FOR DEPRESSION RESEARCH

Psychiatrists at the Ottawa Psychopharmacology Clinic are currently conducting a research study of an investigational medication for depression. The purpose of the study is to further our knowledge about the possible treatment of depression. Study duration is initially 12 weeks with possible continuation of up to 24 weeks in total. Included are a physical exam, blood tests and a psychiatric interview. All information provided will be treated in strictest confidence. To volunteer, you must be 18-65 years of age, not currently in psychiatric treatment (unless you are being referred by your treating doctor), have no drug or alcohol problems and be in generally good physical health.

	YES	NO
I am feeling sad and depressed		
I am having difficulty sleeping		
I am feeling low in energy and slowed down		
My appetite has changed		
I am experiencing feelings of guilt		
I have lost interest in work and pleasurable activities		
I feel hopeless about the future		
I feel tense and anxious		
I am having difficulty making decisions		
I am having trouble concentrating		



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All information is kept in strictest confidence. Research programs are reviewed by an ethics review board.

03-18-10

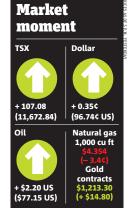
Better economy means time to rebuild savings

● Survey finds 25% of us don't think of saving ● Even four dollars a day can improve finances: Scotiabank

Nearly one-third of Canadians do not have a savings plan in place even though almost everybody would like a financial safety net, according to a survey done for one of the country's largest banks.

"People want to save I think the issue is they don't know how to get started," said Gillian Riley, senior vice-president of retail deposits, payment and lending at Scotiabank, which commissioned the study of Canadians' savings habits.

Only 55 per cent of people surveyed told pollsters they save on a regular basis. And nearly one in five Canadians said they don't



have any rainy day savings at all. But Riley said she

was most surprised by the survey's finding that onequarter of Canadians live day-to-day and don't think about saving money.

Canadians need to start thinking about their longterm finances again after many found themselves in financial hardship during the 2008-2009 recession, she said.

Riley said automatic payments are an almost painless way to save. Such payments can be made through rounding up debit card payments at the till and devoting the difference to savings, or by an automated transfer of even \$50 to \$100 per month.



Airline feeling the pinch

British Airways is dealing with a dispute with cabin crew over staff cuts and treatment of strikers that has cost it more than \$234 million so far.

Canada buys more than it sells

Canada's merchandise trade deficit climbed to half a billion dollars in May as an increase in the value of imports outpaced gains on the export side, Statistics Canada reported vesterday.

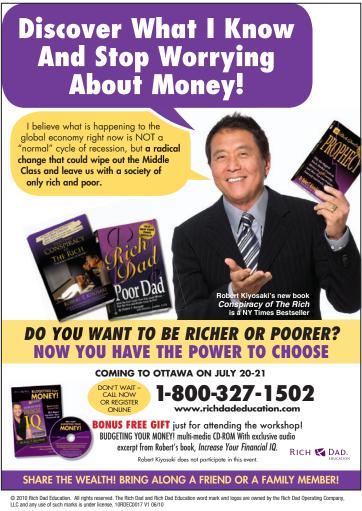
The agency said the shortfall widened to \$503 million in May from \$330 million in April .

Exports rose to \$34.5 billion from \$32.8 billion in April after two months of decline. However, imports also rose — to \$35 billion from \$33.1 billion in April. THE CANADIAN PRESS

3.6B

Canada's trade surplus with the U.S. widened to \$3.6 billion in May from \$3.5 billion in April. Our trade deficit with countries other than the U.S. expanded to \$4.1 billion in May from \$3.8 billion in April.





SETTING COMPASSES FOR A GENERATION



Happy 50th birthday to the most enduring and important novel of the 20th Century: To Kill a Mockingbird, the classic story of courage and the miscarriage of social justice in a southern U.S. town in the mid-'30s.

ny the most enduring? It published on July 11, 1960 and has never been out of print. It's now in its 5,000th printing.

Why the most important? It was voted by British librarians, surely the world's most demanding critics, as the one book adults should read before they die. And that includes the Bible.

I first read To Kill a Mocking-

bird when I was 10, just four years older than the novel's spunky little narrator, Scout Finch. Scout is a miracle, as is the story itself. And if you

haven't read it, I suggest you waste no time. Like millions of us, you'll never be the same.

Harper Lee's most compelling creation is Scout's father Atticus, the small-town lawyer who defines courage in a way that still sends

shivers down my back: "When you're licked before you begin, but you begin anyway and you see it through no matter what.'

It's an old-fashioned sentiment in the way that truth, beauty and love are oldfashioned sentiments.

"If you haven't

read it, I suggest

you waste no

time. Like

millions of us,

vou'll never be

the same."

The book has plenty of those qualities, but at its core is the decency of Atticus Finch. who. despite the town's disapproval,

staunchly defends Tom Robinson, a black man falsely accused of raping a white woman. Although Atticus skillfully reveals the woman is lying, Tom is convicted anyway, and is later shot trying to escape custody. There's

nothing easy about To Kill a Mockingbird.

In her gentle, even genteel way, Harper generates a thirst for social justice that helped define a generation of Boomers. Maybe it's the book itself; more

likely it's the 1962 Oscarwinning movie, starring Gregory Peck as Atticus, but its resolute defence of decency resonates today.

Especially today, when decency is discounted and cheap sentiment prevails.

Exhibit A: Twilight, in which photogenic vampires yearn to play tonsil hockey with a mortal teen, but the boy vampire resists in order to spare his young love the consequence: An immortal allergy to garlic. Love

When life gets hard and confusing, I have a tendency to drift. All I need to get my compass reset is to pay a visit to Atticus, Scout and Boo Radley.

In a way, even though Maycomb, Alabama, is a million miles from where I grew up, it's like going home again.

Cartoon

Lots of love for World Cup

South Africa's opening goal

YANKEES OWNER GEORGE STEINBRENNER DIES:

Noteworthy

Study links teenage obesity to early death

New research suggests that men who are obese by age 20 die eight years earlier on average than their non-

ese peers.
The Danish study also shows that obesity usually develops before the age of 20 and that most people are unlikely to develop obesity later. THE ASSOCIATED PRESS

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Letters

Tweets

OTTAWA. Yes, I enjoyed the World Cup.

Despite the early departures of Italy and France, the outrage over refereeing and disappointing showing of some superstars, there were plenty of both amazing games and breathtaking plays:

- The fluid partnership of Ozil and Müller for the German side.
- Messi's fluidity for the Argentinian squad.
- The toughness of the Paraguayans.
- The surprise strength of the New Zealanders. • That first goal, scored
- by South Africa's Siphiwe Tshabalala.

Matches of special note

for me were two Uruguay

• The dramatic and hard-fought — but heart-breaking — match between Uruguay and

matches:

• And the incredible consolation match of Uruguay and Germany which went down to the final second. And those beautiful

games by the Spanish team against Chile, Portugal and Paraguay, but especially the semi-final against Germany.

Viva Espana! Yes, I cheered with the rest of the Spanish fans Sunday for the final.

Kudos to the CBC for fantastic blanket coverage.

CHERYL SUTHERLAND

What's the one food that says summer to you? **Email** ottawaletters @metronews.ca **Twitter A**metroottawa

Metro has the right to edit letters and submissions.

Metro Minute at the drive-in

Relive the beloved 80s classic, E.T., at a drive-in movie night held at the St. Laurent Centre this evening, and help support the Overbrook-Forbes Community Resource Centre at the same time.

While the event is free for people who attend without cars (bring a lawn chair) it's \$10 per carload, with every cent going to

Overbrook-Forbes Community Resource Cen-

The parking lot will open at 5 p.m. and all cars must be parked by 7 p.m.

The drive-in movie begins at sunset. If you get there early, check out the mall's annual summer sidewalk sale, which starts

TRACEY TONG





Indie supergroup a happy accident

◆ After pitching in with The Raconteurs Alison Mosshart teamed with Jack White to form The Dead Weather ◆ Latest album features contributions from all four band members



The Dead Weather is the closest thing indie music has to a supergroup. They were formed last year by White Stripes Jack White, the Kills Alison Mosshart, and various members of Queens of the Stone Age and the Raconteurs.

Metro met with Jack and Alison to talk about new albums, booming business and movies.

If back in 2009 someone had told you that the Dead Weather would have released two albums in less than a year, would you have believed them?

AM: I didn't see things coming but I love it. At first, I gave Jack a hand with the Raconteurs when he lost his voice. Then we got it in our heads that we would record a single, before we knew it we had written six songs in 15 hours. Then we went on tour and now we have a new album!

JW: The band was a happy accident. Similar to the Raconteurs five years ago, I couldn't quiet believe I was about to start a new band.

Then I thought back to the times when I had just started in the industry, I was in three or four bands at the same time, so it's fairly logical to do the same now.

JV: Many musicians are involved in more than one project at a time. Is this just business or just the way that the music industry has evolved?

JW: When I told my manager that the second album was ready, I asked him if it was a good idea to release it right away. Would people think I was choosing quality over

quantity? The truth is that's not the way I see things. I'm not one of the Backstreet Boys, I'm not scared that the kids are going to forget me. I make music because I want to, not because I want to make money off it. Anyway, business and art never sit well together.

JV: The record is very organic; did you write it in one go?

JW: All four of us write and we never know where it will take us. I'm on the drums, we start an instrumental like with Blue Blood Blues, and we record "I played with three other musicians when I first started but our collaboration was never as close as with the Dead Weather."

ALISON MOSSHART

the sounds without knowing where it all lead to, when it will stop or when one of us will sing. With the White Stripes it's very different, I write a song on the piano and then Meg and I electrify it.





The Village People won't be changing their hit song Y.M.C.A. just because the YMCA is now known as just the Y. ASSOCIATED PRESS

Rip Torn has applied for a probation program to settle charges that he broke into a bank while armed and intoxicated in January.

ASSOCIATED PRESS

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Charibers ballaling, 42 Light sheet

ices are subject to change without prior notice. Prices vary based on prescription strength pplicable to surgery on both eyes only. † 60 month financing, starting at 8.9% interest, and



Roman holiday?

Director Roman Polanski avoids extradition to the U.S. for child sex charges • Critics accuse Switzerland of privileging the rich and famous

Switzerland's decision to reject a U.S. extradition request for director Roman Polanski may have shown that legal principles are paramount here but also

left the impression that the rich and famous enjoy special privileges, Swiss newspapers opined yester-

Long known for the low

tax rates it offers the super-wealthy, Switzerland set a remarkable legal precedent, as authorities broke with tradition by analyzing far more than the

formalities of the American request, delving deep into allegations of mishandled justice by Los Angeles authorities.

Holland Blcorview | Kids Rehabilitation Hospital

PRESENTS



filmpossible

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Contest closes August 31, 2010 Get your videos in today!

We thank Cisco Canada for their support. Contest rules apply, see website for details.

www.filmpossible.ca



Late-night ratings sank ver the past three over the past three months, despite the attention and extraordinary television created over the winter by the drama of Leno taking back The Tonight Show from Conan O'Brien.

"Late-night talk shows have been around since the 1950s, and you wonder if they are getting passe with the viewing public,"

4MThe number of viewers Jay Leno attracted per night during April, May and June. Numbers are down by 1 million viewers from the same time last vear.

said Brad Adgate, an analyst with Horizon Media.

Competition is a factor. Johnny Carson in his prime never had to worry about the likes of a Jon Stewart or George Lopez to compete for ratings. Or video games and the Internet. Or, for that matter, his own network. At 11:35 p.m., more people now watch programs saved on their digital video recorders than either Leno and Letterman. the Nielsen Co. said.

THE ASSOCIATED PRESS

Gyllenhaal lends star power to cancer PSA

A fourth major broadcast network and Jake Gyllenhaal are adding their support to the ambitious TV fundraiser Stand Up to Cancer.

Fox will join previously announced ABC, CBS and NBC in donating a simultaneous commercial-free hour of prime-time for the September telethon airing from Los Angeles, it was announced vesterday.

Gyllenhaal will appear in a Stand Up to Cancer public service announcement set to debut during Major League Baseball's All-Star Game airing tonight on Fox.

More cable networks also have agreed to carry the fundraiser, with VH1, HBO Latino, TV1 and G4 joining previously announced HBO, Discovery Health, MLB Network, E! and the Style Network.

Stand Up to Cancer, to be hosted by Katie Couric, Diane Sawyer and Brian Williams, will air Sept. 10.

Film and TV producer



Laura Ziskin (the Spider-Man franchise), a cancer survivor who produced the first telecast in 2008, has taken on the job again. The original fundraiser. which included Lance Armstrong, Beyonce and other celebrities, helped deliver more than \$100 million for research into the disease.

THE ASSOCIATED PRESS

Movie reviews

See it twice ����� | See it now ���� | Worth Watching ��� | Yawn �� | Don't bother �

This fantasy frustrates

The Sorcerer's Apprentice Genre: Fantasy Director: Jon Turteltaub

Stars: Nicolas Cage, Jay Baruchel

In order to properly appreciate a picture like Disney's The Sorcerer's Apprentice, it helps if you have kids.

The film, starring a long-haired Nicolas Cage (teaming up once more with his National Treasure director Jon Turteltaub) as the legendary wizard Balthazar is one of those major studio summer family pictures that frustrates: an action-based, lavishly produced romp that toys with being an authentic fantasy film, but whose demographic pleasing sensibilities keep steering its narrative into silliness. better to please the younger set. And it's those very tots joy that might allow parents to cut it some much needed slack.

The story starts with a



messy, seemingly post-production tampered prologue detailing the centuries old betrayal of big shot sorcerer Merlin at the hands of a cackling Morgana LeFay (Alice Krige) and her dandy

underling Maxim Horvath (Alfred Molina, whose clearly having fun). When the heroic Balthazar tries to stop the evil duo, his lady love (a smoldering Monica Bellucci) is caught in the crossfire and is impris-

oned in a vase with them.

Flash forward to today, wherein terminally nerdy science major Dave (Jay Baruchel, last seen on screen in The Trotsky) bumbles his way into Balthazar's life and is soon

deemed "The Prime Merlinian," a sort of grand wizard in-training who must learn his cosmic trade before the fate of the planet falls pray to Morgana's vengeful wrath.

Filled with wall-to-wall special effects and scenery chewing performances (its always a blast to watch Cage, especially when we see glimpses of the wild eyed enfant terrible emerge during unchecked moments), The Sorcerer's Apprentice never stops moving enough to let parents properly connect with the story or the characters. But kids won't care; they'll be too dazzled by the endless wizard duels, dancing brooms (a nod to The Sorcerer's Apprentice sequence in the masterful Disney classic, Fantasia), broad comedy (Baruchel's terminally geeky protagonist is so arch he seems to have stepped right out of Revenge of the Nerds) and loopy action set pieces to notice such trivial failings. And as all parents know, if they're happy...we're hap-Dy. CHRIS ALEXANDER

Screentimes

Coliseum Ottawa: Wed-Thu 1:30-4:30-7:30-10:20 Rideau Centre Cinemas: Wed-Thu 11:15-1:55-4:35-7:25-10:05 Cinéma des Galeries d'Aylmer: Wed-Thu 12:10-2:30-4:50-7:20-9:40 StarCité Hull: Wed-Thu 12:20-2:55-7:35-10:10 Barrhaven: Wed-Thu 12:50-3:50-7:10-9:40 Gloucester SilverCity: Wed-Thu 12-2:50-7:25-10:20 Orleans Town Centre: Wed-Thu 1-4-7-9:50

Ne-Yo faces suit over gig

Music R&B singer Ne-Yo and his booking agency are being sued in Maryland by a promoter over the performer's failure to appear at a 2008 concert in Washington state.

The lawsuit is scheduled for trial later this month in Anne Arundel County.

ASSOCIATED PRESS





Uncle Jesse finally takes the stand

• Former Full House star testifies in exortion trial • Denies he had a romantic fling with underage girl

scribed himself as "heartbroken" over the separation from his wife six years ago when he met woman now charged with conspiring to extort \$680.000 US from him.

He testified yesterday during a federal trial in Marquette, Mich.

Allison Coss and Scott Sippola are accused of demanding money from Stamos, saying they had photos of him with co-caine and strippers they could sell to a magazine.

Stamos said he met Coss at Florida's Pleasure Island, a club where patrons must be at least 18. The 46year-old Stamos said Coss told him she was on "college" spring break.

The Full House and ER star described their time together as "just hanging out" and "socializing." His attorney denied a romantic fling.

The presiding judge last week ruled that testimony about whether Stamos had an intimate relationship with Coss would not be allowed. Opening state-ments are not testimony and cannot be considered by jurors as evidence but allow attorneys to outline the case they will present.

Defense attorney Sarah Henderson said the actor picked up Coss, 17 at the time, and a friend at a club and brought them back to his hotel. The associated press



And in other relationship news

Now that the career-damaging tapes of Mel Gibson raging violently at ex-girlfriend Oksana Grigorieva have leaked to the public, sources close to the actor claim the Russian singer tried to use them to extort money from the Oscar winner, according to TMZ. Gibson's lawyer is meeting with the L.A. County Sheriff's office to present evi-dence of the alleged extortion, but Grigorieva's camp insists the mother of

8-month-old Gibson's daughter is innocent. "She did not try to extort

Mel Gibson nor did she ask him for money in return for the tapes," a source says.

METRO WORLD NEWS

Talking points

Miranda's wedding woes

SHE'S ALREADY SHOPPING FOR HER BRIDAL BIKINI, THOUGH. Miranda Kerr admits planning her upcoming wedding to Orlando Bloom isn't a simple task. "We have family and friends all over the world, so deciding where is a tricky one," she says, according to Hollyscoop. "We are enjoying being engaged for the time being and will take our time in making any plans. We are both very private so would like it to be intimate and per-

Jail revives Lohan's career

HEY - SPRAY TANS DON'T PAY FOR THEMSELVES.

Lindsay Lohan is receiving offers for pre- and post-jail interviews at more than \$500,000 US each, according to Page Six. "The irony is Lindsay is in demand," a source says. "The bidding is over \$500,000 for

the rights to the prejail interview." METRO WORLD

Confessions of a enage Prison Quee

Celebrity tweets



Spelling (Atorianddean1

Joan

Rivers

[@Joan

Rivers] Of

ditched the paparazzi. That's a first! I outsmarted those bloodsuckers and no one was endangered in the process. Pat on the back T!



course Russia still spies on us. When I was there, I felt I was being spied on--especially when the painting in my hotel room couahed.



isodes of "Fringe that I DVRed are NOT

METRO WORLD NEWS

MJ memorial

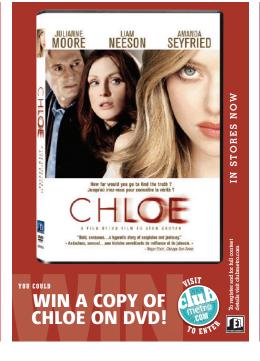
LA TOYA, IS THAT YOU? Devoted fans of Michael Jackson have been leaving messages to the deceased

singer in permanent marker outside his mausoleum in Glendale, Calif., and it's driving security crazy, according to TMZ. The messages, including "Keep the dream alive" and "Miss you sweet angel," are written in hard-to-spot areas.

METRO WORLD NEWS









Intrigue in Tangier

◆ Tangier has long been a byword for bohemia in North Africa.

● It has been a hang-out for rock stars since the '60s, and today has lost none of its laid-back allure





Why go now?

The main port of entrance into North Africa from Spain, Tangier is Morocco's libertine hangout. Rock stars and celebrities have for decades used it as a bohemian bolt-hole. The pace is subdued and the summer's hot and sunny.

It's my first time. What should I do there?

Grand Socco square is a mish mash of cafes, restaurants and market stalls. It's the main entrance into the Medina and a great way of getting more of an insight into the local way of life. Walk up the narrow alleyways and you're bound to come across a snake charmer or musician. Stop for orange blossom in-fused coffee at Café Hafa (avenue Hadj Mohamed Tazi) on your way to visit grandiose Kasbah Palaces. The Sultan's Palace, Dar El Mahkzen and Sidi Hosni are the most beautiful.

I've been before. What should I see this time?

The beach facing the Atlantic Ocean is a play-ground for water sport lovers. Surfing, kite-boarding, and jet skiing are big deals here. A camel ride

along the seemingly endless stretch of sand is strangely therapeutic — if not a little bumpy. Sampling local delicacies is a must. Moroccan cuisine is one of the tastiest and most refined in North Africa. Restaurant Hamadi (2 Rue de la Kasbah) is the best place to go for a couscous followed by live music.

Where's the best place for an afternoon's shopping?

The Medina in the old town is the best for your Moroccan inspired buys. Alleyways are lined with stalls and sellers ready to haggle with you over the price of shoes or incense. You'll also come across many jewelers and herbalists. Parfumerie Madini (14 Rue Sebou) sells essential oils and soaps. Owner Mr. Madini can copy any bottled scent placed under his nose.

What's the nightlife like?

Great seafood at the Restaurant Populaire Saveur (2 Escalier Waller, Ville Nouvelle). For dessert, order the "seffra" sweet couscous — sticky with honey and laden in dried fruits and nuts. Enjoy a mint tea night-cap at Café Baba, with photos of the Rolling Stones (not so sure if the Stones drank tea) adorning the walls (1 Rue Sidi Hosni).







2

MUST-DO THINGS IN TANGIER



ESSAOUIRA

Let the wind blow you across to the eerie city of Essaouira for the day. More happening than Tangier, it's a nice change of scenery during your trip yet stays true to Moroccan style



CAP SPARTEL

Some 10km out of Tangier is the enchanting spot of Cap Spartel. The view from here is spectacular, as you witness the merging of the Mediterranean Sea and Atlantic Ocean. The walk up to the lighthouse is pleasant and smells of fresh pine and eucalyptus.



Top 2

Travel finds this

1 Chicago: Guests who book The Skyline Package with Chicago's Millennium Knickerbocker will receive accommodations in a Superior room, \$50 dining gift card to the 95th Floor Signature Room at the John Hancock Tower, a chilled bottle of wine upon arrival for \$199. millenniumhotels. com/knickerbocker



Arizona: Stay at Arizona Grand Resort for \$199 a night which also includes a nightly \$100 resort credit that can be used toward golf, spa, or dining. arizona grandresort.com/



follow in the footsteps of the Girl With the Dragon Tattoo



Digging Dakar

• Welcome to Senegal's funky town • Where the famous mingle with the football stars • And the French laissez faire will make it worth your while.

DAILY BUDGET	EAT	STAY	GO
\$65	PATISSERIE MÉDINA Arrive at 5am and the croissants are fresh out of the oven. You may catch a glimpse of Senegalese football and music stars sat clasping steaming cups of coffee. Deliciously messy. Av Faidherbe, Médina	HÔTEL OCÉANIC Situated 5 minutes from the Marché Kermal, this is a good base for those more interested in sight-seeing than a plush hotel. There is a breezy courtyard with a restaurant. hoteloceanicdakar.com	MARCHÉ DES HLM AND MALIEN At the Marché Malien, find incense, perfumes and waist beads. Marché HLM is great for lace and African textiles. expatdakar.org/guide/ marche
\$130	CAFÉ DE ROME This bistro is so hip it hurts. Senegalese 'crème de la crème' come here to look like they don't really care to look cool - but do. Or- der classics such as oysters, steak tartare or Sole Meuniere. anfa-group.com	HÔTEL FARID This is perfect for those that want a quiet but central room to retire to after a day out in Dakar. Warning: It doesn't exactly get top marks in terms of trendiness or style, hotelfarid.com	CLUB THIOSSANE You can't come to the biggest music town in all West Africa without going out to hear this for yourself: the owner is local legend and singer Youssou N'Dour. youssou.com
\$650	LE TOUKOULEUR This African themed patio restaurant has the chic Senegalese crowd gathering around its tables for some fine dining. The menu is classic with a twist, featuring French and local dishes. toukouleur.com	HÔTEL LAGON II The nautical theme will leave ocean lovers ecstatic. The cabin style rooms are perched on stilts above the water, ideal for a spot of deep sea fishing or diving. hotel-lagon-senegal.com	TOUAREG JEWELLERY The Touareg tribes has some of the most beautiful jewellery craft of Africa. The jewellery market sells some of their most precious necklaces, rings, earrings and dag- gers. Place de L'Indépendence METRO WORLD NEWS



FLIGHT CENTRE Unbeatable

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Turks & Caicos

ravel Aug 6 - Aug 13/c6 + taxes & fees \$266 Toronto one-way \$29 + taxes & fees \$42 Halifax one-way \$99 + taxes & fees \$58 \$ | | 9* + taxes & fees \$280 Fort de France one-way \$229 + taxes & fees \$81 Vancouver Paris Travel Sep 9 - Sep 16/ts \$244* + taxes & fees \$373 New York \$279 + taxes & fees \$130 Orlando \$299 + taxes & fees \$118 London Travel Sep 27 - Oct 4/ts \$382 + taxes & fees \$395 \$426 + taxes & fees \$130 Los Angeles \$679 + taxes & fees \$114 Honolulu Travel Aug 17 - Aug 24/aa **\$729** Hong Kong + taxes & fees \$244 **Buenos Aires** \$849 + taxes & fees \$287

Family Special Vacations

Orlando Family Special Air + 7 Nights

Chambions World Resort

INCLUDES accom near Walt Disney World Resort with shuttle to theme parks. Departs Sep 15/ggy/dl.

ADD 3-day pass to Universal Studios including the new Wizarding World of Harry Potter for \$160 per adult.

Myrtle Beach Family Special

Air + 5 Nights 4-Star

Kingston Plantation + taxes & fees \$126

INCLUDES 2 bedroom villa accom with full kitchen and private patio. Departs Aug 21/ggv/dl.

Honolulu Family Special Air + 7 Nights Ohana Waikiki West

Ohana Waikiki West + taxes & fees \$118

INCLUDES Waikiki accom. Departs Aug 21/ggv/aa.

Adventure Tours

Thailand 15-Day Tour I MAIIAND I S-Day Tour
Soft Morthern Molande Experience
HIGHLIGHTS Bangkok, Klong Tour, Wat Po, River
Kwai, Chiang Mai, Doi Suthep, Elephant ride,
hilltribe trek, Chiang Rai, Golden Triangle, Ayuthaya,
Kanchanaburi, River Kwai & Erawan Falls. Roundtrip
Bangkok, Departs Aus #Ass Bangkok. Departs Aug 8/gap.

Peru Inca Trail & Volunteer Project II-Day Tour taxes & fees

HIGHLIGHTS Lima, Sacred Valley, 4-day Inca Trail Nike, Machu Picchu, Community homestay, 2-day Volunteer Project and Cuzco. Departs Lima. Departs Aug 16/gap.

Canada & USA Vacations

Tremblant 3 Nights \$249

INCLUDES accom in the heart of a European-style village at the foot of Mont Tremblant Resort.

Departs Jul 23/ggv.

Boston Air + 3 Nights 4-Star \$5 | 9 + taxes & fees \$124 Departs Aug 5/ggv/ac.

Coastal California Air + Car \$649

INCLUDES air to Los Angeles, return from San Francisco and 7-day car rental. Travel Sep 14 - 21/ggv/dl.

Vacations

France Starter Package Air + 4 Nights
Mercure Nice Notre Dame & \$699 INCLUDES air into Nice, return from Paris, first 2 nights

central Nice accom, last 2 nights Paris accom in the heart of Montmartre. Travel Aug 8 - Aug 30/hhn/ggv/ts. Hong Kong Air + 7 Nights 3.5-Star \$1089

City Gardie Hotel + taxes & fees \$246 INCLUDES central accom with complimentary shuttle bus to Times Square, Hong Kong Convention and Exhibition Centre. Departs Sep 29/ggv/dl.

ADD Tsing Ma Lantau Island tour for \$112.

Costa Rica Air + 7 Nights + Car + taxes & fees \$368 Costa Rica Pass Route 2 Self Drive + taxes & fe
INCLUDES 2 nights San Jose accom, I night La Fortuna accom at Arenal Volcano, 4 nights Manuel Antonio accom close to beaches & car rental with unlimited mileage. Travel Aug 21 - Aug 29/gap/aa.

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Mayan Riviera 7 Nights 4.5-Star

\$/**L**

Occidental Grand Xcaret

Departs Sep 4/acv/ac.

Cancun 7 Nights 4.5-Star Departs Sep 3/acv/ac.

\$469 + taxes & fees \$303

Jamaica 7 Nights 4-Star Departs Aug 30/acv/ac.

\$499 + taxes & fees \$293

Costa Rica 7 Nights 4.5-Star

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SEE Saint Marie Beach

This resort off the east coast of Northern Madagascar is a little piece of paradise.

Go scuba diving along the coral reefs or take a fishing boat to catch a barracuda or sea-bream for dinner. Stay in one of the beach villas at Princesse Bora. princessebora.com

The Lemurs

The Indri lemur has a voice that sounds like a cross between a police siren and the song of a humpback whale.

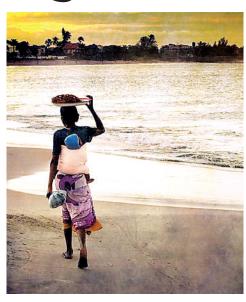
EAT Malagasy

Malagasy cuisine is very meaty. Local favorites in-clude "Ro" (spicy beef with vinegar and pickles), "Ki-toza" (charcoaled beef) and "vary`amid'anana" (rice, vegetables, meat shrimp).

DRINK Lychee or rice

Slightly burnt rice stuck to

Website: www.internationalnews.ca



the bottom of a cooking pot is normally associated with washing-up nightmares. Here, water is added to the bottom of the pan to make 'ranon'apango' a more sanitary (and somewhat tastier) option to tap water. For more of a kick, try the 'litchel' an alcoholic beverage made from sweet lychees.

D0

Fly away Butterfly farm "Madagas-car Exotic" is an enchantistop to observe the wildlife on your way up to the town of Taomasina.

The setting is idyllic, you can go for swim in the natural pool or pluck mangos and lychees from the trees. Marazevo PK 72, Ambodiamontana Antananariyo

SAY

Your prayers A Famadihama 'turning of the bones' ceremony is not to be missed. The Betsileo tribe of the northern Ambositra region exhume the bones of their dead ancestors in order to later re-wrap them after having given thanks to the spirits for their blessings.



QUEBEC CITY

Quebec City & Montreal

& WHALE WATCHING

Two day bus tours from \$119

Big do not's

Underestimate nature

Set within the hills rolling alongside Namorana River the village of Ra-nomafana (hot water) was once a hot spot as a thermal bath centre. It's now more popular for its National Park and the animals within it.

DON'T SAY T.I.A

The famous phrase This Is Africa certainly does not apply as you're not on African soil. The is-land of Madagascar is actually located hundreds of kilometers off the African coast. Park and



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Paris for peanuts

You can still get the Paris experience without breaking the bank



Paris in summer can be positively prohibitive. Yes there are some of the most substantial hotels in the world, but you'll need one

of the most substantial bank accounts in the world to fully enjoy them.

But, if you know where to look, there are some bargains to be had.

We've selected out favourite five under \$120a-night in high season.

This is our top choice:

1

BEAUGRENELLE TOUR EIFFEL

19 rue Viala, Eiffel Tower, 75015 Amazingly this sub \$120 lays in the shadow of the Eiffel Tower and has the feel of a hotel twice the price.

All rooms en-suite with marbled bathrooms, individual air conditioning, wifi, and late bar.

fi, and late bar. Nearby: Eiffel Tower, Museum of Modern Art



These Paris hotels didn't make our top pick but they're still a deal



PAVII.I.ON

MONCEAU

PALAIS DES

CONGRES25 rue de Saussure, Etoile,

Comfy and reasonably stylish hotel just five minutes

walk form the Champs Elv-

sees. All the apartment-

style rooms are ensuite

with mini kitchen facili-

ties and although there is

no restaurant there are

Nearby: Opera Garnier, Park

many cafes close by.

75017

Monceau

5

wi-fi.

vault breakfast room.

HOTEL TRIANON
GARE DE LYON
52 Boulevard Diderot,
Bastille, 75012

Truly charming hotel near the Place de Bastille. Contemporary rooms with AC,

Nearby: Gare de Lyon, Louvre

Lovely stone

PAVILLON NATION

13 Boulevard de Charonnes, Bastille, 75011 Amazingly contemporar

Amazingly contemporary and cool hotel for the money. Flat panel TV's wifi, AC, gym, and a lot of style. Breakfast only but lots of great restaurants nearby.

Nearby: Eiffel Tower, Notre Dame, le Bois Vincennes

2

YLLEN EIFFEL,

196, rue de Vaugirard, Eiffel Tower, 75015 Paris A classy hotel close to the

Eiffel Tower which offers neo-classical exterior, marble bathroomsand nice bar in the lobby.

Nearby: Eiffel Tower



FREE Disney Dining? Have we gone mad?!

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Book today—rooms can fill up fast!

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*Price based on 2 adults, 1 junior and 1 child. The number of packages available at these rates is limited. Savings based on the non-discounted price for the same package. One Park per day. Tickets must be used within 14 days of first use. No group rates or other discounts apply. †Excludes gratuities and alcohol. Children age 3–9 must order from the children's menu if available. Some Table-service restaurants may have limited or no availability at time of package purchase.

RST-10-16868 Walt Disney Travel Company CST# 1022229-50

© Disne

metr@food metronews.ca WEDNESDAY, JULY 14, 2010

Key Lime Pie, a summer treat



Dessert became Florida's state pie in 2006 Key lime juice is a pale yellow, instead of green

If there's one dessert that says "summertime," it's key - sweet yet tart lime pie and completely refreshing, it's a perfect way to top off a barbecue or to complement a glass of iced tea on a hot day. For this recipe look for key limes, which are smaller than regular limes. You can substitute with regular limes if key limes are not available.

Preparation:

Preheat oven to 400°F (200°C) and prepare the pie shell according to

package directions for a baked pie shell. Remove from oven and set aside to cool.

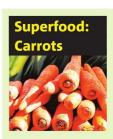
- Lower oven temperature to 350°F (180°C).
- Whisk together sweetened condensed milk, egg yolks and lime juice in a medium bowl until well combined.
- Pour lime filling into baked pie crust.
- Place pie on baking sheet and bake for 15 minutes.

Ingredients:

- 1 Tenderflake frozen pie shell
- 1 (300 mL) can sweetened
- condensed milk 4 egg yolks, beaten
- ½ cup (125 mL) fresh lime juice (approx. 6 limes)
- · Whipped cream

Remove from oven and cool completely at room temperature.

Serve with whipped cream. NEWS CANADA



Including carrots in your diet is a great idea. They contain the anti-oxidants known as carotenoids that include beta-carotene. Beta-carotene is great for keeping your skin healthy and glowing, protecting the skin from sun damage. The high levels of Vitamin A are essential in maintaining healthy eyesight and boosting our immune system.

ROMINA MCGUINNESS





Imagine yourself in the driver's seat.

The Scotiabank StartRight Auto Loan Program¹ is the only one of its kind in Canada, providing auto financing solutions to new immigrants and foreign workers so they can get a brand-new or a gently-used car through select dealerships.

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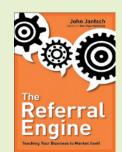


Book review

Personal references

The Referral Machine Author: John Jantsch Publisher: Portfolio

Price: \$32.50 John Jantsch, best selling author of Duct Tape Marketing, most recent book, The Referral Engine, touches on the importance of putting processes in place to make collecting referrals (as well as increasing them) a



reality. This book shows you how to make you business market itself. CRAIG LUND

If you rise with the sun, you'll surly shine all day

▶ Bad news for all those night owls ▶ Your ability to function in a 9-to-5 world may be predetermined by your biological clock





It turns out morning people may have the advantage in the working world.

"A person with a morning schedule is probably in a much better position to adapt to typical workplace demands," says Dr. Gary Richardson, a sleep researcher. He believes that we're all individually DNA-wired to prefer late night tinkering or early rising.

"In our day-working society, morning types do better," concurs Dr. Timothy Monk, a human chronobiology researcher.

But the night types need not yawn their way through a lifetime of midmorning conferences. Shifting our internal rhythms is possible

even for new college graduates, for whom, Richardson says, the transition from 3 a.m. bedtimes to 7 a.m. wake-up calls is rough. Start by clamming the laptop shut two hours before you tuck yourself

in.
"The internal clock relies on light to figure out what time of day it is," Richardson explains. "If you spend the hours between midnight and 2 a.m. in front of your laptop, that light is enough to push the clock a little later.'

Morning light is a pow-erful cue, so when the rooster crows, take a stroll. "As soon as you wake up, go for a walk in daylight," Monk suggests.

Most importantly, recognize that you can't make the change change overnight.





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Pay up prep for post secondary

• Parents often think of their child's first word or step But what about their first day of college/university?

When it comes to the money to put a child through school, it's better to start preparing for that day sooner rather than later. With tuition fees rising each year there's no way of knowing what the cost of post-secondary education will be when your child is ready to take that step.

According to Statistics Canada, university tuition fees in 2009/10 were an average \$4,917 — up 3.6 per cent from the previous year. Costs continue to rise faster than the pace of infla-tion, leading some to believe that children born today will be looking at post-secondary costs in excess of \$100,000.

As parents, no one wants to see their child struggle to pay for school and end up in debt, a remedy for this is a registered education sav-



ings plan (RESP). An RESP is a plan registered under the Federal Income Tax Act that helps families save for postsecondary education. Income earned on contributions grows in a tax-shelter until a child is ready to attend college, university or trade school.

Many of us do save

but very often if is for our own retirement, which is decades away. We tend to forget about saving for our education which comes much sooner than we think. The reality is that many parents will need and want to help pay for their child's higher education before they retire.

"RESPs are a great option for parents interested in saving for their child's post-secondary education," says Peter Lewis, vice president of operations for the Canadian Scholarship Trust Foundation. "If parents make regular contributions, the savings will grow as the child grows. Over the years we've seen that saving for a child's education increases their likelihood of pursuing higher education.

NEWS CANADA

Getting out of the work grind takes planning

If your dream retirement includes jetting off to some far-off place, you aren't alone. Whether you spent your teens following your favourite band as they criss-crossed the continent or you wished you could have slung your knapsack across your shoulder to wander the streets of Paris.

many people want to re-capture their youth and leave their retirement party to board a plane to see the sights.

Before you pack your bags, you need to consider whether or not your savings can give you the type of retirement you want. Simply visit helpmysavingslast.ca and answer a few questions about your savings and how you would like to live your retirement. You'll get information that will help you and your financial advisor determine if your retirement income plan's product mix is right for you.

NEWS CANADA

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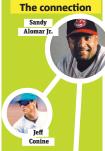
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sports







Can you guess the connection between these baseball players? Answer below.

CONNECTION ANSWER:
ALL WERE ALL-STAR MVPS.
TESTERDAY'S ANSWER:
THEY THRUBUS 22.
THEY THRUBUS 22.

Quoted

"He was clearly a giant in the sport."

BASEBALL COMMISSIONER BUD SELIG, ON GEORGE STEINBRENNER



Bosh says he regrets nothing

Chris Bosh defended the way he handled his move from the Toronto Raptors to the Miami Heat yesterday, saying he never intended to offend anyone by sharing his thoughts on Twitter.

In his first interview with a Toronto media outlet since announcing he was going to play in Miami, Bosh told The Fan 590 that he doesn't regret anything during the free agency process.

Bosh announced on ES-PN last Wednesday that he had decided to go to Miami after seven years with the Raptors. But for weeks beforehand he openly pondered his future on Twitter, angering many Toronto fans.

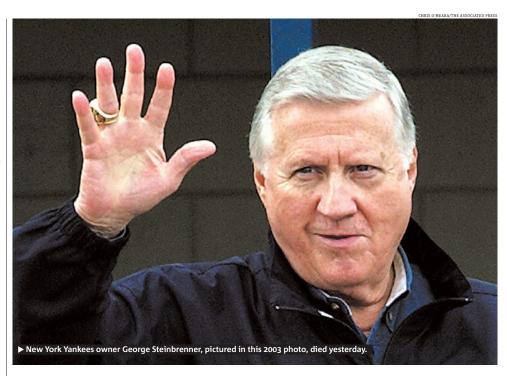
"I'm happy with the way I handled things," he told the Fan. "I don't think I got out of line at any point in time. I knew going into this situation, wherever I chose to go, people were going to think I was crazy."

He said his tweeting was all in good fun.

"At no time did I want to offend anybody or make anyone upset," said Bosh. "My intentions through

"My intentions through that were just to broadcast what I was doing and just have fun with it. That's the biggest part for me, just to have fun." THE CANADIAN PRESS





Yankees lose their Boss

Steinbrenner, 80, dies of heart attack in Florida ◆ 'The Boss' owned baseball's most storied franchise for just over 37 years.

George Steinbrenner, whose big wallet and winat-all-cost attitude whipped the New York Yankees into a billion-dollar sports empire, died yesterday morning. He had just celebrated his 80th birthday July 4.

Steinbrenner had a heart attack, was taken to St. Joseph's Hospital in Tampa, Fla., and died at about 6:30 a.m., a person close to the owner told The Associated Press. The person spoke on condition of anonymity be-

cause the team had not disclosed those details.

"George was 'The Boss,' make no mistake," Hall of Famer Yogi Berra said. "He built the Yankees into champions, and that's something nobody can ever deny. He was a very generous, caring, passionate man. George and I had our differences, but who didn't? We became great friends over the last decade and I will miss him very much."

Steinbrenner's death on

the day of the all-star game was the second in three days to rock the Yankees. Bob Sheppard, the team's revered public address announcer from 1951-07, died Sunday at 99.

"He was truly the most influential and innovative owner in all of sports," former New York Mayor Rudy Giuliani said. "He made the Yankees a source of great pride in being a New Yorkor."

THE ASSOCIATED PRESS

At a glance

Some key numbers from Steinbrenner's career.

- ➤ TITLES In 37-plus seasons as owner, led the Yankees to seven World Series championships.
- FIRINGS Famously hired manager Billy Martin five times and changed managers 21 times in all.

Jays open wallet for Latin American talent

The signing of highly touted Venezuelan teenagers Adonis Cardona and Gabriel Cenas yesterday is the latest example of the Toronto Blue Jays' newfound muscle in the fight for top-end international talent.

Cardona, a six-foot-four, 180-pound righty whose fastball already tops out at 16 Both players are 16 years old and will start their professional careers in the Dominican Summer League.

93 m.p.h., received a \$2.8-million US signing bonus, an amount that is a club record for such a player.

Cenas, a six-foot-one,

175-pound third baseman with a promising bat and strong throwing arm, gets \$700.000.

The \$3.5-million commitment is a stunning amount for an organization that had largely shied away from the high-risk, high-reward Latin American market in recent years.

THE CANADIAN PRESS

Sports in brief

Taylor pleads not guilty

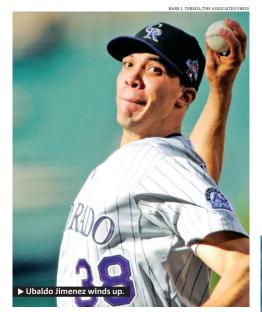
LAW. Hall of Fame linebacker Lawrence Taylor pleaded not guilty yesterday to an indictment that alleges he had sex with a 16-year-old girl in a New York hotel room. The former NFL star allegedly paid \$300 US to the girl, a Bronx runaway, for their encounter in May. Taylor pleaded not guilty

through his lawyer to third-degree rape, patronizing a prostitute, sexual abuse and endangering a child.

Jefferson to Jazz: Report

NBA. The Minnesota Timberwolves have agreed to send power forward Al Jefferson to the Utah Jazz for two future first-round draft picks and a salary-cap trade exception, a person with knowledge of the deal told The Associated Press yesterday.

THE ASSOCIATED PRESS.





last night for the annual midsummer classic



Free time

What some players did before the game.

- **GAMING** Tim Lincecum of the Giants passed time before the game playing a baseball video game.
- WORK OUT Reds reliever Arthur Rhodes, a first-time all-star at age 40, hit the weight room before the game to work out alongside Jose Reyes.
- **SHOPPING** Pitcher Jonathan Broxton of the Dodgers hit the souvenir stand a couple of hours before first pitch and returned to the clubhouse with a full bag of goodies. THE ASSOCIATED PRESS

Tiger dogged by more questions

• Golfer preparing for start of this week's British Open, tries to focus on golf

Tiger Woods faced more questions about his personal life than the state of his game yesterday ahead of the British Open, a tournament he won the last two times it was held at the birthplace of golf.

During a news conference looking ahead to the third major of the year, 18 of the 34 questions related to either Woods' marital woes or, to a lesser degree, his ties to a Canadian doctor accused of distributing a performance-enhancing drug.

Woods reiterated that he's "just trying to become a better person," but refused to address reports that he has agreed to a divorce settlement with his wife, Elin. He also declined to go into any details about Dr. Anthony Galea, other than to confirm that he met with the FBI a couple of weeks ago. "That's an ongoing case, so I can't comment," said Woods, who was treated by Galea after



surgery but has repeatedly said he took no banned substances such as human growth hormone.

The world's No. 1 golfer has been trying to rebuild his reputation after reports that he cheated on his wife with numerous women. He took a five-month break from the PGA Tour before returning at the Masters.

Though he was in contention at both Augusta National and the U.S. Open, he has yet to win since the scandal broke last November. Now he's back at St. Andrews, where he won his first Open title a decade ago by eight shots and followed up five years later with another dominating victory.

As for his personal life, Woods spoke mostly in generalities.

"I'm trying to become a better player and a better person," he said. "All that really matters is I have two

New putter

After 12 years using the same putter, Tiger Woods finally is switching to the swoosh.

- NIKE Woods said yesterday he will use a Nike Method
- putter at the British Open. **HISTORY** Woods has not changed the most important club in the bag since the 1999 Byron Nelson Classic
- SUCCESS Using his Scotty Cameron putter made by Titleist he won 72 times around the world, including 13 majors.
- FAILURE Woods is coming off one of his worst putting performances two weeks ago at Aronimink, where he tied for 46th in the AT&T National.

beautiful kids, and I'm trying to be the best dad I can possibly be, and that's the most important thing of all." THE ASSOCIATED PRESS

Sports in brief

Centre plans to follow James

NBA. Zydrunas Ilgauskas has dealt Cleveland another blow by planning to follow LeBron James to the Miami Heat. The veteran centre expects to sign a

two-vear contract with the Heat later this week, agent Herb Rudoy said.

Tomlin gets extension?

NFL. The Pittsburgh Post-Gazette is reporting that the Steelers have given coach Mike Tomlin a three-vear contract extension

THE ASSOCIATED PRESS



2010 Dodge Grand Caravan SXT shown.

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2010 Avenger road warrior with value

▶ Family sedan buyers looking for bang for their buck should consider this Dodge mid-sizer ▶ Plenty of features available in topline R/T model



Readers are no doubt familiar with the trials and tribulations Chrysler is just starting to emerge from.

With new partner Fiat and all the cars it brings like Alfa Romeo, there is a certain optimism within the organization.

In the meantime, there are several vehicles in Chrysler showrooms that offer great value for the money and one of them is the Dodge Avenger.

The current Avenger went on the market five years ago and marked the return of Dodge into the mid-size segment after the absence of a decade.

For 2010, Dodge has simplified the lineup that still has three trim levels but does away with the 2.7-litre Flex Fuel V6.

With virtually no ethanol filling stations in the county, it didn't make sense to keep it.

Tested here is the topline R/T that starts life as a SXT (\$24,795). The bigticket option (\$2,225) is the 3.5-litre V6 producing

235 hp and 232 lb/ft of torque through a six-speed Auto/Stick transmission (that adds \$275) with sequential manual shift mode

Fuel consumption is rated at 12.9L/100 km (22 mpg) city and 7.4L/100 km (38 mpg) highway.

The R/T, like the SE and SXT is front-drive only. All-wheel-drive was an option in the past but it has been dropped.

That price for the R/T engine option also includes 19 amenities some of which are heated, leather front bucket seats,

trunk lid spoiler, sport suspension with fore and aft stabilizer bards and "Firm Feel" power steering

Feel" power steering. The 3.5-litre V6 is a punchy unit that makes the most of the six-speed transmission to the point shifts are imperceptible. Of course that changes when you drop down to the manual mode where you can hold the car in any gear longer for more rapid acceleration.

Summing up, the 2010 Avenger offers almost fullsize car interior passenger volume at a compact car price.

Specifications



- BODY STYLE
- Mid-size sedan.

 ENGINE
- 3.5-litre, V6
- (235 hp, 232 lb/ft)

 FUEL ECONOMY
- 12.9L/100 km (22 mpg) city, 7.4L/100 km (38 mpg) highway.
- ► PRICE

\$31,435 as tested including \$1,400 shipping fee.

Summer's the best time to get your car rust-proofed

A commitment to control corrosion throughout one's vehicle is the first step for protecting the investment today, tomorrow, and for resale later.

If, however, you need even more incentive, how about this: Industry experts say that the summer season, now, gives us all the right conditions for the most effective rust proof"Moisture on metal, not salt, is the number one cause of corrosion."

CRAIG SHUTTLEWORTH, KROWN

ing. "There is no wrong time to spray and protect your vehicle from corrosion," says Craig Shuttleworth at Krown, a leader in this field. "But the best



season for it is summer, not just because winter's harsh conditions are around the corner, but also because the products respond better in warmer weather.

"Actually, winter is not the harshest season for corrosion. Spring is worse because once the temperatures begin to rise and the metal warms up, all of the 'salty' residue in seams, crevices and hidden areas, really goes to work."

Most car buffs are committed to the rust proofing

process once per year—and August is the choice time because it ensures a good 12 months of protection throughout the toughest weather, wear-and-tear.

"Also, when it's warm outside our eco-friendly Krown formula is able to creep a little faster and more thoroughly into all the seams and crevices."

NEWS CANADA

es



Up and down

Mazda turns 90 Mazda is celebrating its 90th anniversary

this year. One of Mazda's most popular innovations has been the rotary engine.





Mercury falling Looks like Mercury is finally set to shut shop. According to Automotive News, the Ford marque will end production of its models in October.



Aluminum's light touch

◆ Automakers slowly adapting to metal for body parts ◆ Expert says aluminum better for fuel economy

DRIVING FORCE

JIL McINTOSH

DRIVE@METRONEWS.CA

When it comes to fuel economy, weight is the enemy: a heavier vehicle requires more fuel. Increasingly, more manufacturers are turning to lighter-weight aluminum for parts and panels.

"The first aluminum parts were radiators, when aluminum displaced copper and brass," says Doug Richman, of the Aluminum Association's Aluminum Transportation Group, and vice-president of engineering and technology for California's Kaiser Aluminum.

"Then it was castings, such as engines, transmissions and master cylinders. The next frontier will be high-volume applications of body structure, closure panels, engine cradles and instrument panel support beams."

Automakers have traditionally been slow to adopt extensive use of aluminum for several reasons, the primary one being cost.

"They do have some cost premiums," Richman says. "It's not huge, but the value of weight reduction was driven by the economic value in fuel savings. As the cost of fuel goes up, the value to the customer of a lighter vehicle goes up, and so the more expensive technology becomes practical."

Challenges also included aluminum's unique properties, which meant that carmakers had to



learn new ways to stamp parts, and then fasten and weld them. Even handling techniques have to be modified, since aluminum scratches and dents more easily than steel, and it can't be picked up with a magnet. The cars must al-

so be crash-tested, but Richman says that cars with a high percentage of aluminum can be safer than the steel-bodied cars they're replacing

they're replacing.

"What we're seeing is
aluminum engineering design as a safer alternative."

... and it's green too

Recycling is also a major benefit. "Aluminum is infinitely recyclable," Richman says. "Today, over 95 percent of the aluminum in an automobile is recovered, is recycled and can be used again, because there's no degradation in the product. It's the only lightweight alternative that is 100 percent recyclable."



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Honda CR-V made to love

▶ If you like reliability, look no further than this second-gen SUV
 ▶ Competition for Rav4 and Escape

SECOND GEAR

JUSTIN PRITCHARD

DRIVE@METRONEWS.CA

The second-generation Honda CR-V launched for the 2002 model year to battle competitors like the Ford Escape, Toyota Rav4 and Hyundai Tucson. With four wheel drive, plenty of space and a flexible, storage-rich interior, the sec-

Specifications

- MODEL 2002 to 2006 Honda CR-V
- VEHICLE TYPE
 Compact SUV
- PRICE RANGE \$6,000 to \$21,000

ond-generation model carried on the success of the original CR-V, which launched in 1997.

CR-V came only with four-cylinder power, making it a popular choice with shoppers who prioritize cheap running costs and low fuel consumption. If you're looking for V6 power or extra towing capacity, you may need to shop elsewhere.

Honda's proven 2.4 litre i-VTEC four-cylinder engine generated 160 horsepower.

A five-speed manual transmission was standard equipment, and ideal for shoppers who prefer to row their own gears. An automatic was available.

Honda's Real-Time four wheel drive (4WD) system was the CR-V's winter-busting weapon. It automatically powers

It automatically powers all four wheels the instant



wheel-slippage is detected, while running only the front wheels otherwise.

With four-wheel drive working on an as-needed basis, all-weather confidence and mileage are both maximized.

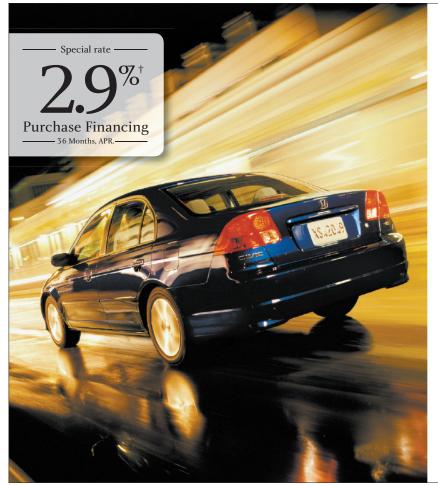
Note that a later CR-V in this generation (2005 or

2006) benefitted from a driveline update that added a smoother drive-by-wire throttle system and a faster-reacting 4x4 system. Additionally, a five-speed automatic transmission replaced the four-speed unit for better mileage and performance

What owners like

Owners love the CR-V's combination of good mileage, confident year-round operation and its flexible 'ready for anything' interior.

Other owner-stated positives include good visibility, plenty of storage, easy-to-use controls and a commanding seating position.



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BIKERS, DRIVERS DON'T MAKE **FOR STRANGE BEDFELLOWS**

Just because Lady Gaga showed up in the clubhouse of the New York Yankees, doesn't mean she hates hockey or soccer.

mean, she could hate hockey or soccer. I haven't asked her about it. I'm just saying that being around pro baseball players isn't a definitive way of saying baseball is her only sports-related interest.

Same thing for us motorists. Just because we hang around gas stations and the occasional Tim Hortons drive thru, doesn't mean we hate cycling and cyclists. In fact, many of us are avid cyclists, and are extremely hip to everything the bicycle can offer - to the transportation cause, to overall health, to the quest for fun.

During riding season, I often take my bike instead of the car, because it's easier

and quicker, especially in the city.

Driving in a downtown core can sometimes be whacko. Gridlock. Closed streets. No parking or extremely high-priced parking. But with a bicycle you can almost glide to your destination, and once there, you can actually park — right in front of the building, and for free

Sometimes I ride because it's simply

more fun that sitting in a car.
(There are so many times when driving a car is a hoot. But we all know there are times, when we drivers are either completely tuned out, like a 10-year old boy in French class, or frustrated to the

point of gnawing the steering wheel.

I rarely feel frustration and/or mindnumbing tendencies when I'm pedalling my bike. It seems to be more calming and engaging at the same time, if that's possi-

I know it's hard to feel chummy and/or solidarity with a cyclist that just gave you the finger, because he didn't like the way you didn't signal, but we need to get past the feeling like we're on two different teams

We should continue to give them the respect and space they need to stay alive on our mutual pieces of pavement.

But I also think some riders should appreciate how many times we motorists (especially those that bike), give cyclists a fair shake or a better shake than they deserve. A lot of times they don't even know we're doing it.

Considering that, it wouldn't hurt if they could give us a wee bit more slack, when we inadvertently cause them the odd sphincter moment here and there.

Whenever there is a something to be hashed out between cycling interests and motoring interests, the discussion (or argument) always seems to get characterized as an "us versus them" thing. I'm not sure it needs to be.

11.4M

Canadians over the age of 12 riding bicycles, according to Statistics Canada 2009 numbers

Going to work

- Total work force needing transportation to get to work: 14.714.260
- Those that take a vehicle, as a driver: 10,644,330
- Those that ride in a vehicle as a passenger: 1,133,145
- Those that take public transit: 1,622,725
- Those that walked or bicvcled: 1.134.805

SOURCE: STATISTICS CANADA



DREAM CAR

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Sexiest of them all

EXTERIOR The G37 Coupe is the most visually appealing of all G-series models. Unlike some sport sedan wannabees, this car has the performance to match its great looks.

As flawless as they come

HANDLING The seven-speed automatic transmission performs flawlessly and the car never seems to be searching for the right gear as you often find in a five-speed or even some six-speeds. It shifts smoothly and quickly, but if want a more sporty experience simply put it in manual mode and do the shifting yourself. The G37 Coupe has four-wheel independent multi-link suspension with stabilizer bars and this produces a firm, yet stable ride. It doesn't soak up the bumps and potholes as well as some of its German rivals, but it's not an uncomfortable ride either- it's iust firm. On hard corners it grips the road well and the steering has a very precise feel to it. There's plenty of acceleration for any type of driving, but note that the 3.7-litre V6 requires premium unleaded fuel.

Dripping luxury on the inside

INTERIOR The interior is very rich looking with an upscale feel to it. It's not flashy with lots of wood trim, but it is nicely finished with great seats and a pleasant atmosphere. The rear seat area is very limited with tight headroom because of the sloping roofline. It would only be used occasionally, as this is more of a two-person car.

52,550 The Infiniti G37x coupe model tested costs

\$52,500 , although the base price starts at \$46.300. The tester had the Hi-Tech package which included navigation system and voice recognition for climate control among other options.

An AWD with the works

ENGINE SPECS The tested G37x Coupe AWD, featuring Infiniti's ATESSA E-TS all-wheel drive system. This AWD version monitors wheel spin, throttle position and vehicle speed and automatically sends up to 50 per cent of power to the front wheels to enhance traction and control under poor road conditions.

12

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Mac. sleepover!

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music to my parched ears. I

look forward to our next Ft.

Justin. Happy 3 years togeth-

er! You make everyday very

interesting. Love you!

Crossword

Across

1 Arp's style 8 Hemingway sobriquet 12 Clapton or Idle

13 The whole enchilada

14 Yemeni port city 15 Summertime pest 17 Coastal bird

18 Ear bone also called the anvil

19 Small circle of friends 21 Poetic foot

24 Debt notice 25 Fair

28 Exam format 30 Furthermore 33 Previous to

34 Oust 35 Bill's partner

36 Forensic ID 37 Back

38 Burning heap 39 Gridiron VIPs 41 Umps

43 Treat the same 46 Eagle's nest

50 Two-way 51 Online directions provider

54 Company with a swoosh 55 Hockey arena

56 Carvey or Delany 57 Tarzan's pals 58 Afternoon gathering 59 Chooses

Down

2 "East of Eden" son

3 Platter 4 Find not quilty

5 Mai — (cocktail)

6 PC key

7 United nations 8 Lanai

39

9 Sufficiency 10 Lima's country 11 Actress Hathaway

16 Can. neighbour 20 Springlike melody

22 Relocate 23 Pipe type 25 Clampett patri-

26 Grecian container 27 Source of big waves

29 Farm fraction 31 Hide-hair link

32 Buck's mate

58 34 Formerly, former-

55

45

13

22 23

28

41

52 53

16

34

37

21

38 Sham

40 Hay bundles 42 Common

webpage abbr. 43 Author Ferber 44 Bit of banter

45 Send out 47 Harvest 48 "Say It — So

49 Greek vowels 52 Expert 53 Shell game item

Sudoku

10

14

17

30 31 32

35

47 48 49

56

59

➤ Yesterday's answer

19 20

24

42

46

9								2
	7	1				9	4	
			9	7	3			
		2	6	4	8	1		
6	1						9	4
		3	5	1	9	2		
			1	5	2			
	3	8				6	2	
1								9

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer

Hi Ruba, many many happy returns of the day. Keep it going baby. During this 20 minutes of today. I could not

think of anything but you. LOVE MATT & RAMANAN Burr, you are the best thing

to come into my life. Happy 3 years. I love you. Always, TEACUP

Caitlin, we have known each other for a long time and I think its time that we move on to the next level. Will you merry me? LOVE DOUG

М	E	N	υ		С	0	W		S	Α	W	s
Α	Т	0	Р		Α	В	Α		Q	U	Τ	Р
Р	0	R	K	Υ	Р	Т	G		U	L	N	Α
			Ε	Α	Т		G	R	Α	D	Е	S
S	T	R	Е	W		С	L	Α	W			
L	E	Α	Р		Т	Н	Τ	Ν	K	В	Τ	G
П	Α	N		S	Н	Α	Ν	K		0	N	0
D	R	1	L	L	R	T	G		Ν	Α	Т	0
			L	0	0	N		Α	Α	R	0	Ν
T	Υ	С	0	В	В		Τ	S	М			
В	U	R	Υ		В	U	D	S	Ε	L	Τ	G
S	L	Ε	D		Ε	R	Ε		L	Υ	R	Α
Р	E	W	S		D	N	Α		Υ	Ε	Α	S

For today's crossword answers and for

expanded horoscopes, go to metronews.ca







4 6 1

9 8

1 5 2

5 3 4 6 1 7 2 9 8

2 3 5

5 7 3

4 9 8

7 5 3 8 1 6 2 9

3 9 5 6 8

7 2 4 3 1 5

8 9

1 2 8 4 9 5 3

3 6 7

5 8 6 2

2

9 6 8



Friday 28°/21

GEL MORENATTI/THE ASSOCIATED PRESS

Today's horoscope

T Aries March 21-April 20 If you feel as if you are trapped in a dead end job with no way out then obviously you are doing something wrong. Start thinking seriously about a career change.

¥ Taurus April 23-May 21 Mars in your fellow Earth sign of Virgo endows you with the confidence you need to start something new. A lot of the time you don't much enjoy

being the center of attention,

but today you will love it.

II Gemini May 22-June 21 You may feel a bit insecure at the moment, which is not like you at all. Be careful you don't overcompensate and act as if you don't have a care in the

Gancer June 22-July 22 You worry too much and it is leaving you precious little time to enjoy the good things in your life, of which there are plenty. Read a book about successful people or listen to music that inspires you.

no point getting too anxious about your money situation because it is sure to change for the better quite soon. A positive attitude will attract new opportunities into your life over the next few days.

My Virgo Aug. 24- Sept. 22 The time to start something new is now, today, this very moment. You will find it easy to get motivated. Don't waste this opportunity. Be amazing.

 ← Libra Sept. 23-Oct. 23 All sorts of weird and wonderful ideas may be going through your mind but the thing you must remember is that none of them are true.

M Scorpio Oct. 24-Nov. 22 You should be doing more with your life, and you know it. Ask yourself what it is that most inspires you and what it is you most want to accomplish. Then resolve to do it – not next month, but right now.

→ Sagittarius

Nov. 23-Dec. 21 Make an impression on employers and other important people. Do something dramatic, something that cannot fail to get you noticed. Sing your own praises every chance that you get.

り Capricorn Dec. 22-Jan. 20 For quite some time now you have been content to let others decide where you will go and what you will do. That must change. One particular person has got too much con-

trol over vou.

~~ Aquarius Jan. 21-Feb. 18 You have fears like everyone else, but you actually quite enjoy a bit of anxiety - it helps you stay alert. That's good: you'll need your wits about you today.

H Pisces Feb. 19-March 20 A relationship problem can no longer be ignored – it's time to deal with it and then move on once and for all. Can you be that decisive? Of course you can. SALLY BROMPTON



You write it! Write a funny

caption for the

image to the right

and send it to play@metronews.ca the winning caption will be published in tomorrow's



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2010 ACCENT L 3DR



GL Sport model shown

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